

AFTER THE HARVEST

TAKING STOCK OF THE GAIN

Happy Are They Who Can Say They Have Lived Up to the Promise of the Springtime—Some Household Lads.

There is a sadness connected with the fall of the leaves and the closing months of the year which we have all recognized. With the spring, hope awakens in the heart and "all things seem possible," but with the ending of harvest we realize how much we have left undone, how carelessly we have been in cultivating the tender graces that make life worth the living. We all mean so well. We want to walk uprightly, to be kindly affectioned one to another, sweet and unselfish in our family life, and faithful to every duty set before us; but when we begin to take account of harvest we realize how far short we have come of what we intended in the springtime. But let us not be discouraged, however. From the realization of failures past, let us take fresh courage for the future.

"If any watchful thought of ours Can make some work the stronger, If any cheerless smile of ours Can make its brightness longer, Oh, let us speak that thought to-day, With tender eyes a-glowing, So God may grant some weary one Shall reap from our glad sowing."

It is a singular thing that in the great hospitals and training schools for nurses, where everything is supposed to be done in the most advanced hygienic way, a requirement in the nurses' ward is that their beds be made for the day within a half hour after the time of rising.

This allows for no airing whatever, save the very few minutes while the nurse is dressing. The same provision holds in the general wards, where the patients are able to be up during the day. As soon as the patient rises the bed is made so that the ward may look tidy. Sanitary cleanliness in this case is sacrificed to appearance—a great mistake, as every good housewife knows. There is nothing more restful than a well-aired bed. It is not sufficient to turn back the covers from the foot, for a make-believe airing. They should all be taken off separately, spread over the chairs near the opened windows, then the mattresses turned and the pillows shaken and put to air. Every child, boy as well as girl, should be taught to do this; yet in how many families do children, and old folk, too, crawl out of their beds and leave their rooms without even so much as opening the windows.

Every few years even the best of mattresses should be pulled apart and made over by an expert workman, then covered with fresh ticking. As for the pillows, they may be made over at home, if one has a closed room in which to work. Empty the feathers into clean sheets, tie up and take out into the sunshine, laying them on boards or a table where the air can get to them. Beat with a light stick or rug beater, and turn often. Meantime wash the cases or make new, as required. After a few days in the crisp air and bright sun, the feathers should be elastic like new. Then return to the cases. Old feathers, when well kept, are far better than the freshly plucked ones, unless they are perfectly cured. When carelessly attended the quills contain some animal matter that is apt to breed vermin.

"Lady Baltimore" Cake. Beat the whites of six eggs. Take a cup and a half of granulated sugar, a cup of milk, nearly a cup of butter, three cups of flour and two teaspoonfuls of good baking powder. Sift the flour and baking powder together into the other ingredients, adding the eggs last of all. Bake in two buttered pans for fifteen or twenty minutes. For the frosting: Two cups of granulated sugar and a cup and a half of water. Boil until stringy, about five minutes usually does it. Beat the whites of two eggs very light, and pour the boiling sugar slowly into it, mixing well. Take out of this enough for the top and sides of the cake, and stir into the remainder, for the filling between the two layers, one cup of finely chopped raisins and a cup of chopped nuts. This is delicious when properly baked.

White Wedding Cake. Cream together two cups butter and four of sugar. Add alternately two cups milk and six cups flour that has been sifted three times with two teaspoonfuls baking powder. Stir all well together, then stir or knead into the batter two pounds citron sliced wafer thin, two pounds almonds blanched and chopped, two medium-sized fresh coconuts grated and two wine glasses white wine. Last of all fold in the stiffly whipped whites of 16 eggs and bake in a very moderate oven. Flavor with almond or vanilla.

The Recipe of the Week. Oyster Salad—Scald large oysters in their own liquor until they become plump and gills ruffe. Drain, sprinkle with a little lemon juice, salt and paprika, and let get perfectly cool. If very large cut each oyster in half lengthwise, using a silver knife. When ready to serve mix with sauce tartare or mayonnaise and arrange in cups made of crisp, tender lettuce leaves; garnish with a star of mayonnaise sauce and a few capers or chopped gherkins.

A Matter of Spelling. A trolley collided with a milk wagon and sent the milk splashing on the pavement. Soon a crowd gathered. "Goodness!" exclaimed a man. "What an awful waste!" A very stout lady turned and glared at him. "Just mind your own business," she snapped.—Lippincott's.

People Without Ideas of Art. The Kibalans, natives of Formosa, are probably the only race in the world to whom drawings or pictures convey no idea whatsoever.

MONKEY PLAYED MANY PARTS.

Debauched by Custom Men as a Bird, a Handbag and a Dog.

On the travels of a monkey from Genoa to Heidelberg an amusing farce might be written. A German gentleman brought from southwest Africa a tiny monkey weighing barely a couple of pounds. From Tangs to Genoa all went well with the Lilliputian animal. It was a favorite with everyone, and traveled free until Genoa was reached, when its troubles began.

Brought under the notice of the Genoese customs authorities, it was promptly deprived of its identity. It was no longer an animal; it became a bird, and as a bird, on which 25 cents was charged, it was conveyed to the Swiss frontier, where, at a stroke of the customs officer's wand it was transformed into a cat at the increased assessment of \$1.54, and borne by train to Zurich.

On its arrival there it ceased, as a cat, to exist, and became a mere package—an item of luggage that was conveyed to Constance for the nominal sum of 16 cents.

Still as luggage, though metamorphosed from a package into a handbag, it went on its way to Stuttgart, where a great honor awaited it. It was, on payment of \$2.04, exalted into a dog, and it was as a dog that it ended its journey at the university town of Heidelberg.—Stray Stories.

CHURCH FEW HIS BED.

Trump Finds Rest for His Weary Bones in House of Worship.

The janitor of one of Portsmouth's largest churches was given a big surprise Sunday morning as he stepped into the auditorium after opening the big front doors to allow of the usual airing out. He came face to face with a strange and tough-looking man. At first the janitor feared a touch of the chills, but he finally brought himself together and inquired of the man what he had been doing.

The fellow said that he had been enjoying a night's rest on the cushions of a pew away down front. Saturday night he was attracted to the church by the singing of the choir during rehearsal. He found the door open, walked in and sat down. The music had that soothing effect and the worshiper fell asleep. He knew nothing more until daylight, when he awoke wondering where he was at. He said that in all his life he had never found a more comfortable bed.

The janitor looked about, saw that nothing was disturbed and then allowed the stranger to go.—Portsmouth, N. H., Times.

FISH IN NEW PLACES.

Wild Ducks Found to Bear Fish Eggs Ready to Hatch.

A correspondent from Staff wrote in our June issue expressing his mystification as to how small fish come to be in inclosed waters. A naturalist suggests an explanation. He says: "If the wild ducks, etc., of Morocco are similar to those elsewhere there is no mystery. For some years there was open-mouthed wonder as to how perch, bream and crayfish could get into newly cut dams near the Macquarie river in New South Wales.

"In some cases the water had hardly settled after the rain had filled the dam than the fish were observed, and the farmers started a large theory of spontaneous production.

"This obtained till a Sydney professor chanced to pick up a wild duck and found its breast feathers and webbed feet well dotted with fertile and almost hatched fish-ova, on which the 'spontaneous production' theory was promptly withdrawn."—Chamber's Journal.

Size of Heads. The average adult head has a circumference of fully 22 inches. The average adult hat is fully 6 1/2 inches. The sizes of men's hats are 6 1/2 and 6 3/4 generally. "Sevens" hats are common in Aberdeen, and the professors of our colleges generally wear 7 1/4 to 8 sizes.

Heads wearing hats of the sizes 6 1/2 and smaller, or being less than 21 inches in circumference, can never be powerful. Between 19 and 20 inches in circumference heads are invariably weak, and, according to this authority, "no lady should think of marrying a man with a head less than 20 inches in circumference."

People with heads under 19 inches are mentally deficient, and with heads under 15 inches "invariably idiotic."—Young Woman.

IT'S THE FOOD.

The True Way to Correct Nervous Troubles.

Nervous troubles are more often caused by improper food and indigestion than most people imagine. Even doctors sometimes overlook this fact. A man says: "Until two years ago waffles and butter with meat and gravy were the main features of my breakfast. Finally dyspepsia came on and I found myself in a bad condition, worse in the morning than any other time. I would have a full, sick feeling in my stomach, with pains in my heart, sides and head.

"At times I would have no appetite for days, then I would feel ravenous, never satisfied when I did eat and so nervous I felt like shrieking at the top of my voice. I lost flesh badly and hardly knew which way to turn until one day I bought a box of Grape-Nuts food to see if I could eat that. I tried it without telling the doctor, and liked it fine; made me feel as if I had something to eat that was satisfying and still I didn't have that heaviness that I had felt after eating any other food.

"I hadn't drunk any coffee then in five weeks. I kept on with the Grape-Nuts and in a month and a half I had gained 15 pounds, could eat almost anything I wanted, didn't feel badly after eating and my nervousness was all gone. It's a pleasure to be well again."

Name given by Postum Co., Battle Creek, Mich. Read the book, "The Road to Wellville," in place. "There's a reason."

A PUBLIC DUTY.

Montpelier, O., Man Feels Compelled to Tell His Experiences.

Joseph Wilcox, Montpelier, O., says: "I feel it my duty to tell others about Doan's Kidney Pills. Exposure and driving brought kidney trouble on me, and I suffered much from irregular passages of the kidney secretion. Sometimes there was retention and at other times passages were too frequent, especially at night. There was pain and discoloration. Doan's Kidney Pills brought me relief from the first, and soon infused new life. I give them my indorsement."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

ENGLISH SHOES GO UNSHINED.

London Observer Admits Truth of American Indictment.

An English reporter, fired with patriotism on seeing the assertion made by an American visitor that Londoners polished their boots less frequently than the people of any other country in the world, set out to disprove the charge.

He visited a number of well-known shoeblacks at important points in London, but what he learned all tended to confirm the allegation made by the American.

One shoeblack said he had customers who look like millionaires but get only one shine a week. After hearing similar stories from other shoeblacks the newspaper man took up a position in Piccadilly Circus and examined the boots of passersby.

He confesses that of 80 people who passed, the boots of 60 looked as if they had not been polished for a week. Twelve of them had their boots well polished, but the remaining eight had to be labeled indifferent.

After that, nothing was left but to acknowledge that the indictment of the American had some foundation.—N. Y. Sun.

RUNNING SORES ON LIMBS.

Little Girl's Obstinate Case of Eczema—Mother Says: "Cuticura Remedies a Household Standard."

"Last year, after having my little girl treated by a very prominent physician for an obstinate case of eczema, I resorted to the Cuticura Remedies, and was so well pleased with the almost instantaneous relief afforded that we discarded the physician's prescription and relied entirely on the Cuticura Soap, Cuticura Ointment, and Cuticura Pills. When we commenced with the Cuticura Remedies her feet and limbs were covered with running sores. In about six weeks we had her completely well, and there has been no recurrence of the trouble. We find that the Cuticura Remedies are a valuable household standby, living as we do, twelve miles from a doctor, and where it costs from twenty to twenty-five dollars to come up on the mountain. Mrs. Lizzie Vincent Thomas, Fairmount, Walden's Ridge, Tenn., Oct. 12, 1905."

Wouldn't Fit. Some visitors from the north attended service at a colored church in Alabama, and were much amused when the good old preacher referred to John I. and John II. as "John with one eye and John with two eyes!"

But when he gave out a hymn beginning "Purge Me with Hyssop," there was consternation in the choir and great fumbling around for a tune to fit the words. At last the leading chorister addressed the preacher: "Say, Brother Johning, won't you please try some odder yarb?"—Lippincott's.

Don't be forecasting evil unless it is what you can guard against. Anxiety is good for nothing if we can't turn it into a defense.—Meyrick.

DODD'S KIDNEY PILLS
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CURES RHEUMATISM, BRUISES, BURNS, SCALDS, DIABETES, GRAVEL, AND ALL AFFECTIONS OF THE URINARY TRACT.

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Putnam Fadeless Dyes, and the colors are bright and fast.

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Levi's Single Binder straight tie cigar made of rich, mellow tobacco. Your dealer or Levi's Factory, Paris, Ill.

If a man is really in love with a girl the roteness of her hair is invisible.

Mrs. Winslow's Soothing Syrup. For children teething, soothes the gums, relieves inflammation, cures colic, etc. It is a blessing.

Every duty which we omit, obscures some truth which we should have known.—Ruskin.

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it is the Signature of **Dr. J. C. Watson** in the Top Over 30 Years. The Kind You Have Always Bought.

World's Gold Production.

In the last 500 years over twelve billion dollars' worth of gold is estimated to have been dug from the earth. Not much more than one-half of this is definitely known to be in existence in the monetary stocks of the globe. Of this, however, the United States is believed to hold from a billion and a quarter to a billion and a half.

Sheer white goods, in fact, say fine wash goods when new, owe much of their attractiveness to the way they are laundered, this being done in a manner to enhance their textile beauty. Home laundering would be equally satisfactory if proper attention was given to starching, the first essential being good starch, which has sufficient strength to stiffen, without thickening the goods. Try Defiance Starch and you will be pleasantly surprised at the improved appearance of your work.

Ladies' Privilege in Leap Year. The ladies' leap year privilege took its origin in the following manner: By an ancient act of the Scottish parliament, passed about the year 1225, it was "ordained that during the reign of her most blessed majesty, Margaret Ilka maiden lady, of both high and low estate, shall have liberty to speak ye man she likes. Gif he refuses to tak hir to be his wyf, he schal be mulct in the sum of one hundred pundis, or less, as his estate may be, except and always, gif he can make it appear that he is betrothit to another woman, then he schal be free."

Mysterious Find. She went down to a well play the other evening, attired in a superb white gown and wearing a splendid opera cloak. In fact, she was stunning. As she seated herself, she was about to remove the long red cloak when with horror and consternation depicted on her face she discovered something! My, what a predicament! She had prepared supper before leaving for the show, and there, covering the front of the white skirt was a lowly calico checked apron. She managed to remove it after the house had darkened, and the next morning the sweeper at the Colonial found an apron under one of the seats. —Pittsfield Journal.

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There are two classes of purchasers; those who are informed as to the quality of what they buy and the reasons for the excellence of articles of exceptional merit, and who do not lack courage to go elsewhere when a dealer offers an imitation of any well known article; but, unfortunately, there are some people who do not know, and who allow themselves to be imposed upon. They cannot expect its beneficial effects if they do not get the genuine remedy.

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The Dark Side

of a woman's life is seldom seen by anyone but herself. What agonies, what misery, what fits of melancholy and the blues, the poor, miserable sufferers from female disease have to endure, one month after another! What wonder so many thousands of women cannot truthfully say that they are happy! Are you? Happiness cannot be called complete without health, and health is best obtained by

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which has made many thousands happy in restored health and strength. "The doctors said I had nervous prostration, but gave me no relief," writes Lizzie Matthews, of Mt. Vernon, Ga. "I was sick for nine years. I could hardly eat and could not sleep. My back and hips ached, I was very irregular and would have to stay in bed two or three days. I have used 3 bottles of Cardui, and now I can say that my health is better than for the past nine years." Cardui relieves pain, regulates vital functions, strengthens your weakest organs, makes you well and HAPPY. Try it.

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